



WHI Baseline Dataset
Form 34 - Personal Habits

Data File: f34_ct_pub **File Date:** 06/08/2007 **Structure:** One row per participant **Population:** CT participants

Participant ID

Variable # 1

Sas Name: ID

Sas Label: Participant ID

Usage Notes: none

Categories: Study: Administration

F34 Days since randomization/enrollment

Variable # 2

Sas Name: F34DAYS

Sas Label: F34 Days since randomization/enrollment

Usage Notes: none

Categories: Study: Administration

	N	Min	Max	Mean	Std Dev
	68076	-278	0	-39.27881	33.49729

F34 Smoked 100 cigarettes

During your entire life, have you smoked at least 100 cigarettes?

Variable # 3

Sas Name: SMOKEVR

Sas Label: Smoked at least 100 cigarettes ever

Usage Notes: none

Categories: Lifestyle: Smoking

Values		N	%
0	No	34,409	50.5%
1	Yes	33,245	48.8%
.	Missing	422	0.6%
		68,076	

F34 Age started smoking

How old were you when you first started smoking cigarettes regularly? (Give your best guess.)

Variable # 4

Sas Name: SMOKAGE

Sas Label: Age started smoking cigarettes regularly

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Categories: Lifestyle: Smoking

Values		N	%
1	Less than 15	2,360	3.5%
2	15-19	16,429	24.1%
3	20-24	10,004	14.7%
4	25-29	2,241	3.3%
5	30-34	995	1.5%
6	35-39	534	0.8%
7	40-44	306	0.4%
8	45-49	149	0.2%
9	50 or older	98	0.1%
.	Missing	34,960	51.4%
		68,076	



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F34 Smoke now

Do you smoke cigarettes now?

Variable # 5

Sas Name: SMOKNOW

Sas Label: Smoke cigarettes now

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Categories: Lifestyle: Smoking

Values		N	%
0	No	27,596	40.5%
1	Yes	5,359	7.9%
.	Missing	35,121	51.6%
		68,076	

F34 Age quit smoking

How old were you when you quit smoking regularly?

Variable # 6

Sas Name: QSMOKAGE

Sas Label: Age quit smoking regularly

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".
Sub-question of F34 V2 Q1.2 "Smoke now".

Categories: Lifestyle: Smoking

Values		N	%
1	Less than 15	36	0.1%
2	15-19	456	0.7%
3	20-24	2,148	3.2%
4	25-29	2,751	4.0%
5	30-34	3,410	5.0%
6	35-39	3,051	4.5%
7	40-44	3,352	4.9%
8	45-49	3,195	4.7%
9	50-54	3,300	4.8%
10	55-59	2,402	3.5%
11	60 or older	1,947	2.9%
.	Missing	42,028	61.7%
		68,076	

F34 Quit smoking because of health

Did you quit smoking because you had a health problem that was caused by or made worse by smoking?

Variable # 7

Sas Name: QSMOKHP

Sas Label: Quit smoking because of health problems

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".
Sub-question of F34 V2 Q1.2 "Smoke now".

Categories: Lifestyle: Smoking

Values		N	%
0	No	20,770	30.5%
1	Yes	4,086	6.0%
.	Missing	43,220	63.5%
		68,076	



F34 Cigarettes per day

On the average, how many cigarettes do you (did you) usually smoke each day?

Variable # 8

Sas Name: CIGSDAY

Sas Label: Smoke or smoked, cigarettes/day

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Categories: Lifestyle: Smoking

Values		N	%
1	Less than 1	1,420	2.1%
2	1-4	5,636	8.3%
3	5-14	10,133	14.9%
4	15-24	8,962	13.2%
5	25-34	2,919	4.3%
6	35-44	1,826	2.7%
7	45 or more	854	1.3%
.	Missing	36,326	53.4%
		68,076	

F34 Years regular smoker

How many years have you been (were you) a regular smoker? Do not count the time you stayed off cigarettes.

Variable # 9

Sas Name: SMOKYRS

Sas Label: Years a regular smoker

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Categories: Lifestyle: Smoking

Values		N	%
1	Less than 5 years	4,314	6.3%
2	5-9 years	3,140	4.6%
3	10-19 years	6,861	10.1%
4	20-29 years	7,036	10.3%
5	30-39 years	6,206	9.1%
6	40-49 years	3,561	5.2%
7	50 or more years	857	1.3%
.	Missing	36,101	53.0%
		68,076	

F34 Smoked to lose weight

Have you ever smoked to keep from gaining weight or to lose weight?

Variable # 10

Sas Name: SMOKWGT

Sas Label: Smoked to lose weight

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Categories: Lifestyle: Smoking

Values		N	%
0	No	26,468	38.9%
1	Yes	5,454	8.0%
.	Missing	36,154	53.1%
		68,076	



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F34 Usually drink coffee

Do you usually drink coffee each day?

Variable # 11

Sas Name: COFFEE

Sas Label: Drink coffee each day

Usage Notes: none

Categories: Diet: Coffee/Tea
Lifestyle: Coffee/Tea

Values		N	%
0	No	17,253	25.3%
1	Yes	50,454	74.1%
.	Missing	369	0.5%
		68,076	

F34 How many cups coffee per day

How many cups of regular coffee (not decaf) do you usually drink each day? (If none, mark "None.")

Variable # 12

Sas Name: CUPREG

Sas Label: Number of regular cups of coffee, day

Usage Notes: Sub-question of F34 V2 Q2 "Usually drink coffee".

Categories: Diet: Coffee/Tea
Lifestyle: Coffee/Tea

Values		N	%
0	None	8,290	12.2%
1	1	10,063	14.8%
2	2	13,964	20.5%
3	3	8,780	12.9%
4	4	4,904	7.2%
5	5	2,038	3.0%
6	6 or more	2,194	3.2%
.	Missing	17,843	26.2%
		68,076	

F34 12 alcoholic drinks ever

During your entire life, have you had at least 12 drinks of any kind of alcoholic beverage?

Variable # 13

Sas Name: ALC12DR

Sas Label: Drank 12 alcoholic beverages ever

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values		N	%
0	No	7,560	11.1%
1	Yes	60,276	88.5%
.	Missing	240	0.4%
		68,076	



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F34 Drink alcohol

Do you still drink alcohol?

Variable # 14
Sas Name: ALCNOW
Sas Label: Still drink alcohol

Usage Notes: Sub-question of F34 V2 Q3 "12 alcoholic drinks ever" (skip pattern rule not applied).
Categories: Diet: Alcohol
Lifestyle: Alcohol

Values		N	%
0	No	14,472	21.3%
1	Yes	45,609	67.0%
.	Missing	7,995	11.7%
		68,076	

F34 Why did you quit drinking

Why did you stop or quit drinking alcohol?

Variable # 15
Sas Name: ALCQUIT
Sas Label: Reasons quit drinking alcohol

Usage Notes: Sub-question of F34 V2 Q3 "12 alcoholic drinks ever" (skip pattern rule not applied).
Sub-question of F34 V2 Q3.1 "Drink alcohol".
Not collected on all versions of Form 34.

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values		N	%
1	Health problems	1,971	2.9%
2	My drinking caused non-health problems	1,352	2.0%
8	Other	8,666	12.7%
.	Missing	56,087	82.4%
		68,076	

F34 Weight changes in adult life

Women's weights change during their adult lives. Mark the one answer that best describes you during your adult life. Please don't include times when you were pregnant or sick. (Mark only one.)

Variable # 16
Sas Name: WGTADULT
Sas Label: Weight during adult life, lbs

Usage Notes: none
Categories: Medical History: Height/Weight History
Physical Measurements: Height/Weight History

Values		N	%
1	Weight has stayed about the same	16,672	24.5%
2	Steady gain in weight	24,793	36.4%
3	Lost weight as an adult and kept it off	1,216	1.8%
4	Weight has gone up and down	24,726	36.3%
.	Missing	669	1.0%
		68,076	



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F34 Times weight changed 10 pounds

About how many times did your weight go up and down again by more than 10 pounds? Please don't include times when you were pregnant or sick.

Variable # 17

Sas Name: YOYO10LB

Sas Label: Number times weight went up/down >10 lbs

Usage Notes: Sub-question of F34 V2 Q4 "Weight changes in adult life" (skip pattern rule not applied).

Categories: Medical History: Height/Weight History
Physical Measurements: Height/Weight History

Values		N	%
1	1-3 times	10,311	15.1%
2	4-6 times	9,107	13.4%
3	7-10 times	4,258	6.3%
4	11-15 times	1,273	1.9%
5	More than 15 times	2,037	3.0%
.	Missing	41,090	60.4%
		68,076	

F34 Low calorie diet

Are you now on any of the following special diets? A low calorie diet?

Variable # 18

Sas Name: LCALDIET

Sas Label: Low calorie diet

Usage Notes: none

Categories: Diet

Values		N	%
0	No	61,261	90.0%
1	Yes	5,522	8.1%
.	Missing	1,293	1.9%
		68,076	

F34 Low fat or cholesterol diet

Are you now on any of the following special diets? A low-fat or low cholesterol diet?

Variable # 19

Sas Name: LFATDIET

Sas Label: Low-fat or low cholesterol diet

Usage Notes: none

Categories: Diet

Values		N	%
0	No	46,856	68.8%
1	Yes	19,868	29.2%
.	Missing	1,352	2.0%
		68,076	



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F34 Low sodium diet

Are you now on any of the following special diets? A low salt (low sodium) diet?

Variable # 20

Sas Name: LSLTDIET

Sas Label: Low salt (low sodium) diet

Usage Notes: none

Categories: Diet

Values		N	%
0	No	53,877	79.1%
1	Yes	12,694	18.6%
.	Missing	1,505	2.2%
		68,076	

F34 High fiber diet

Are you now on any of the following special diets? A high-fiber diet?

Variable # 21

Sas Name: FBDIET34

Sas Label: High-fiber diet

Usage Notes: none

Categories: Diet

Values		N	%
0	No	57,342	84.2%
1	Yes	9,075	13.3%
.	Missing	1,659	2.4%
		68,076	

F34 Diabetic or ADA diet

Are you now on any of the following special diets? A diabetic or ADA diet?

Variable # 22

Sas Name: DBDIET34

Sas Label: Diabetic or ADA diet

Usage Notes: none

Categories: Diet
Medical History: Diabetes

Values		N	%
0	No	63,651	93.5%
1	Yes	2,683	3.9%
.	Missing	1,742	2.6%
		68,076	

F34 Lactose-free diet

Are you now on any of the following special diets? A lactose-free (no milk or dairy foods) diet?

Variable # 23

Sas Name: LACTDIET

Sas Label: Lactose-free (no milk/dairy foods) diet

Usage Notes: none

Categories: Diet

Values		N	%
0	No	63,777	93.7%
1	Yes	2,600	3.8%
.	Missing	1,699	2.5%
		68,076	



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F34 Any other diet

Are you now on any of the following special diets? Any other diet?

Variable # 24

Sas Name: OTHDIET

Sas Label: Other than listed special diet

Usage Notes: none

Categories: Diet

Values		N	%
0	No	61,602	90.5%
1	Yes	3,991	5.9%
.	Missing	2,483	3.6%
		68,076	

F34 How often walked outside

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

Variable # 25

Sas Name: WALK

Sas Label: Times walk for > 10 min

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	Rarely or never	13,263	19.5%
1	1-3 times each month	11,199	16.5%
2	1 time each week	7,801	11.5%
3	2-3 times each week	17,855	26.2%
4	4-6 times each week	12,922	19.0%
5	7 or more times each week	4,797	7.0%
.	Missing	239	0.4%
		68,076	

F34 How many minutes walked

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Variable # 26

Sas Name: WALKMIN

Sas Label: Duration of walks when >10 min

Usage Notes: Sub-question of F34 V2 Q6 "How often walked outside" (skip pattern rule not applied).
Not collected on all versions of Form 34.

Categories: Physical Activity

Values		N	%
1	Less than 20 minutes	14,846	21.8%
2	20-39 minutes	22,952	33.7%
3	40-59 minutes	7,555	11.1%
4	1 hour or more	3,599	5.3%
.	Missing	19,124	28.1%
		68,076	



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F34 What is usual walking speed

What is your usual speed?

Variable # 27
Sas Name: WALKSPD
Sas Label: Walking speed when walking for >10 min

Usage Notes: Sub-question of F34 V2 Q6 "How often walked outside" (skip pattern rule not applied).
Not collected on all versions of Form 34.
Categories: Physical Activity

Values		N	%
2	Casual strolling or walking	10,799	15.9%
3	Average or normal	24,821	36.5%
4	Fairly fast	10,508	15.4%
5	Very fast	491	0.7%
9	Don't know	2,414	3.5%
.	Missing	19,043	28.0%
		68,076	

F34 Strenuous exercise frequency

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swim laps

Variable # 28
Sas Name: HRDEX
Sas Label: Times per week of very hard exercise

Usage Notes: Not collected on all versions of Form 34.
Categories: Physical Activity

Values		N	%
0	None	48,340	71.0%
1	1 day per week	2,942	4.3%
2	2 days per week	3,664	5.4%
3	3 days per week	3,822	5.6%
4	4 days per week	1,158	1.7%
5	5 or more days per week	1,315	1.9%
.	Missing	6,835	10.0%
		68,076	

F34 Strenuous exercise duration

How long do you usually exercise like this at one time? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swim laps

Variable # 29
Sas Name: HRDEXMIN
Sas Label: Duration per time of very hard exercise

Usage Notes: Sub-question of F34 V2 Q7.1 "Strenuous exercise frequency".
Not collected on all versions of Form 34.
Categories: Physical Activity

Values		N	%
1	Less than 20 minutes	2,249	3.3%
2	20-39 minutes	4,327	6.4%
3	40-59 minutes	2,984	4.4%
4	1 hour or more	3,080	4.5%
.	Missing	55,436	81.4%
		68,076	



F34 Moderate exercise frequency

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 30

Sas Name: MODEX

Sas Label: Times per week of moderate exercise

Usage Notes: Not collected on all versions of Form 34.

Categories: Physical Activity

Values		N	%
0	None	35,295	51.8%
1	1 day per week	6,961	10.2%
2	2 days per week	6,540	9.6%
3	3 days per week	6,845	10.1%
4	4 days per week	2,286	3.4%
5	5 or more days per week	3,319	4.9%
.	Missing	6,830	10.0%
		68,076	

F34 Moderate exercise duration

How long to you usually exercise like this at one time? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 31

Sas Name: MODEXMIN

Sas Label: Duration per time of moderate exercise

Usage Notes: Sub-question of F34 V2 Q7.3 "Moderate exercise frequency".
Not collected on all versions of Form 34.

Categories: Physical Activity

Values		N	%
1	Less than 20 minutes	8,643	12.7%
2	20-39 minutes	10,191	15.0%
3	40-59 minutes	3,344	4.9%
4	1 hour or more	3,007	4.4%
.	Missing	42,891	63.0%
		68,076	

F34 Mild exercise frequency

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 32

Sas Name: MLDEX

Sas Label: Times per week of mild exercise

Usage Notes: Not collected on all versions of Form 34.

Categories: Physical Activity

Values		N	%
0	None	44,551	65.4%
1	1 day per week	7,470	11.0%
2	2 days per week	3,773	5.5%
3	3 days per week	2,508	3.7%
4	4 days per week	825	1.2%
5	5 or more days per week	1,612	2.4%
.	Missing	7,337	10.8%
		68,076	



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F34 Mild exercise duration

How long do you usually exercise like this at one time? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 33

Sas Name: MLDEXMIN

Sas Label: Duration per time of mild exercise

Usage Notes: Sub-question of F34 V2 Q7.5 "Mild exercise frequency".
Not collected on all versions of Form 34.

Categories: Physical Activity

Values		N	%
1	Less than 20 minutes	3,595	5.3%
2	20-39 minutes	3,588	5.3%
3	40-59 minutes	1,559	2.3%
4	1 hour or more	6,633	9.7%
.	Missing	52,701	77.4%
		68,076	

F34 Strenuous exercise at 18

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 18 years old

Variable # 34

Sas Name: HRDEX18

Sas Label: Very hard exercise 3 times/wk at age 18

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	No	33,764	49.6%
1	Yes	31,816	46.7%
.	Missing	2,496	3.7%
		68,076	

F34 Strenuous exercise at 35

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 35 years old

Variable # 35

Sas Name: HRDEX35

Sas Label: Very hard exercise 3 times/wk at age 35

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	No	35,051	51.5%
1	Yes	30,654	45.0%
.	Missing	2,371	3.5%
		68,076	



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F34 Strenuous exercise at 50

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 50 years old

Variable # 36

Sas Name: HRDEX50

Sas Label: Very hard exercise 3 times/wk at age 50

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	No	42,887	63.0%
1	Yes	23,358	34.3%
.	Missing	1,831	2.7%
		68,076	

Recreational phys activity per week

Computed from Form 34, questions 6, 7.1, 7.3, and 7.5. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 37

Sas Name: TEPIWK

Sas Label: Recreational phys activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	25	4.42202	3.84943

Recr. phys activity per week >= 20 Min

Computed from Form 34, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5 and 7.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

Variable # 38

Sas Name: LEPI TOT

Sas Label: Recr. phys activity per week >= 20 Min

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	25	3.3736	3.60523

Mod. to strenuous phys activity per week

Computed from Form 34, questions 6.2, 7.1, and 7.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 39

Sas Name: MSEPIWK

Sas Label: Mod. to strenuous phys activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	19	2.30619	2.97991



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Mod-stren activity > 20 min/week

Computed from Form 34, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3 and 7.4. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 40

Sas Name: XLMSEPI

Sas Label: Mod-stren activity > 20 min/week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	19	1.79966	2.75999

Mod-stren activity >20 min/week (categorical)

Computed from Form 34, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, and 7.4. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity). Computed from XLMSEPI and TEPIWK.

Variable # 41

Sas Name: LMSEPI

Sas Label: Mod-stren activity >20 min/week (categorical)

Usage Notes: none

Categories: Computed Variables
Physical Activity

Values	N	%
1 No activity	11,826	17.4%
2 Some activity of limited duration	26,880	39.5%
3 2 - <4 episodes per week	10,357	15.2%
4 4 episodes per week	12,649	18.6%
. Missing	6,364	9.3%
	68,076	

Strenuous activity episodes per week

Computed from Form 34, question 7.1. Episodes per week of strenuous recreational physical activity.

Variable # 42

Sas Name: SEPIWK

Sas Label: Strenuous activity episodes per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

Values	N	%
0 0	48,811	71.7%
1 1	2,942	4.3%
2 2	3,664	5.4%
3 3	3,822	5.6%
4 4	1,158	1.7%
6 5 or more	1,315	1.9%
. Missing	6,364	9.3%
	68,076	



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Minutes of recr. phys activity per week

Computed from Form 34, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 43

Usage Notes: none

Sas Name: TMINWK

Sas Label: Minutes of recr. phys activity per week

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	1750	157.2893	167.6052

Minutes of mod-stren activity per week

Computed from Form 34, questions 6, 6.2, 7.1, and 7.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 44

Usage Notes: none

Sas Name: MSMINWK

Sas Label: Minutes of mod-stren activity per week

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	1330	82.62923	128.61858

Minutes of stren. phys activity per week

Computed from Form 34, questions 7.1 and 7.2. Minutes per week of strenuous recreational physical activity.

Variable # 45

Usage Notes: none

Sas Name: SMINWK

Sas Label: Minutes of stren. phys activity per week

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	420	23.1647	60.32171

Total MET-hours per week

Computed from Form 34, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

Variable # 46

Usage Notes: none

Sas Name: TEXPWK

Sas Label: Total MET-hours per week

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	142.33333	10.55107	12.51505

MET-hours per week from walking

Computed from Form 34, questions 6, 6.1, and 6.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

Variable # 47

Usage Notes: none

Sas Name: WALKEXP

Sas Label: MET-hours per week from walking

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	40.83333	4.02275	5.51817



WHI Baseline Dataset
Form 34 - Personal Habits

Data File: f34_ct_pub **File Date:** 06/08/2007 **Structure:** One row per participant **Population:** CT participants

Smoking status

Computed from Form 34, questions 1, 1.2, and 1.5. Combines questions into a three category smoking status variable (never/past/current).

Variable # 48

Sas Name: SMOKING

Sas Label: Smoking status

Usage Notes: none

Categories: Computed Variables
Lifestyle: Smoking

Values		N	%
0	Never Smoked	34,409	50.5%
1	Past Smoker	27,596	40.5%
2	Current Smoker	5,352	7.9%
.	Missing	719	1.1%
		68,076	

Energy expenditure from hard exercise

Computed from Form 34, questions 7.1 and 7.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

Variable # 49

Sas Name: HARDEXP

Sas Label: Energy expenditure from hard exercise

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	49	2.70255	7.03753

Energy expenditure from mod. exercise

Computed from Form 34, questions 7.3 and 7.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

Variable # 50

Sas Name: MODEXP

Sas Label: Energy expend from moderate exercise

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	31.5	2.60371	4.78389

Energy expenditure from mild exercise

Computed from Form 34, questions 7.5 and 7.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

Variable # 51

Sas Name: MILDEXP

Sas Label: Energy expenditure from mild exercise

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	21	1.22206	2.96506



Form 34 - Personal Habits

Data File: f34_ct_pub

File Date: 06/08/2007 Structure: One row per participant

Population: CT participants

Energy expend from avg walking

Computed from Form 34, questions 6, 6.1 and 6.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. If question 6.2 (speed of walking) was marked as "don't know" or was missing, the speed was assumed to be 2-3 mph.

Variable # 52

Usage Notes: none

Sas Name: AVWKEXP

Sas Label: Energy expend from avg walking

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	24.5	2.02124	3.85951

Energy expend from walking fairly fast

Computed from Form 34, questions 6, 6.1 and 6.2. Energy expenditure form walking fairly fast (3-4 mph) in MET-hours per week.

Variable # 53

Usage Notes: none

Sas Name: FFWKEXP

Sas Label: Energy expend fr walking fairly fast

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	32.66667	1.54929	4.5341

Energy expend from walking very fast

Computed from Form 34, questions 6, 6.1, and 6.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable # 54

Usage Notes: none

Sas Name: VFWKEXP

Sas Label: Energy expend fr walking very fast

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
61712	0	40.83333	.12575	1.70488

Alcohol servings per week

Computed from Form 34, questions 3 and 3.1; Form 42, questions 7 and 7.1-7.5; Form 60 (FFQ), wine, beer and liquor servings. Number of servings per week of beer, wine and/or liquor based on a medium serving size which is 12oz of beer, 6oz of wine and 1½ oz of liquor. If all three variables are missing, set to missing.

Variable # 55

Usage Notes: none

Sas Name: ALCSWK

Sas Label: Alcohol servings per week

Categories: Computed Variables
Diet: Alcohol
Lifestyle: Alcohol

N	Min	Max	Mean	Std Dev
67855	0	108.31731	2.15828	4.43225



WHI Baseline Dataset
Form 34 - Personal Habits

Data File: f34_ct_pub **File Date:** 06/08/2007 **Structure:** One row per participant **Population:** CT participants

Alcohol intake

Computed from Form 34, questions 3 and 3.1; Form 42, questions 7 and 7.1-7.5; Form 60 (FFQ), wine, beer and liquor servings. Categorization of alcohol intake combining questions on past and current use and number of current servings per week from the FFQ.

Variable # 56

Usage Notes: none

Sas Name: ALCOHOL

Categories: Computed Variables
Diet: Alcohol
Lifestyle: Alcohol

Sas Label: Alcohol intake

Values		N	%
1	Non drinker	7,175	10.5%
2	Past drinker	12,593	18.5%
3	<1 drink per month	9,195	13.5%
4	<1 drink per week	14,237	20.9%
5	1 to <7 drinks per week	17,349	25.5%
6	7+ drinks per week	7,044	10.3%
.	Missing	483	0.7%
		68,076	